

# Erie County Stay Fit Dining Program

## STANDARD MENU

February 2016

Mon	Tue	Wed	Thu	Fri
1 Sweet & Sour Chicken over Fluffy Brown Rice Italian Green Beans Mixed Vegetables Fresh Fruit	2 BBQ Pork Ribette Fresh Hoagie Roll Whipped Chive Potatoes Carrot Coins Fruit Delight Bar	3 Roasted Chicken Thigh Au Gratin Potatoes Tender Peas Fresh Pan Rye Bread Fruited Gelatin	4 Hearty Meatloaf w/Gravy Mashed Sweet Potatoes Cauliflower Fresh Dinner Roll Cinnamon Rice Pudding w/Raisins	5 Chili Con Carne White Rice Sweet Corn Apple Juice Sugar Cookies
8 Boneless Chicken Breast w/Pan Gravy Oven Baked Beans Mashed Squash Fresh Dinner Roll Tropical Fruit	9 <b>Mardi Gras Lunch!</b> Chicken & Sausage Jambalaya Mixed Vegetables Apple Juice Wheat Dinner Roll Special Holiday Donut	10 <b>Ash Wednesday</b> Cheese Omelet w/Creole Sauce Seasoned Diced Potatoes Apples & Cranberries Blueberry Muffin Chocolate Mousse	11 <b>Valentine's Day Lunch!</b> Sliced Turkey w/Stuffing & Pan Gravy Whipped Potatoes Broccoli Luscious Cherry Pie!	12 Vegetable Lasagna Roll w/Cheese Sauce Green Beans w/Red Pepper Fresh Italian Bread Fresh Fruit
15 <b>Patriots Day Holiday!</b>  <u>No Meals Served!</u>	16 Ham & White Bean Casserole over White Rice Peas & Carrots Grape Juice Fresh Fruit	17 Breaded Pork Loin w/ Pan Gravy Lyonnais Mashed Potatoes Mixed Vegetables Frosted Cherry Cake	18 <b>Soup &amp; Sandwich</b> Hearty Minestrone Soup Shredded Turkey & Gravy on a Soft Roll Cauliflower Oatmeal Cookie	19 Baked Fish w/Dill Sauce Stewed Tomatoes w/Croutons Broccoli Ambrosia w/Fruit
22 Pork Cubes in Gravy Whipped Potatoes Orange Glazed Carrots Fresh Rye Bread Chocolate Pudding	23 Hamburger w/Gravy & Ketchup-Wheat Soft Roll Oven Browned Potatoes Mashed Squash Pineapple Tidbits	24 Veal Parmesan over Penne Pasta w/Tomato Sauce Italian Style Beans Cauliflower Sugar Cookies	25 Traditional Polish Sausage Hot Dog Bun Lazy Pierogi Apples & Cranberries Pumpkin Bavarian	26 Breaded Fish w/Tartar Sauce Broccoli-Cheese-Rice Casserole Tender Peas-Coleslaw Frosted Brownie
29 Turkey Vegetable Casserole Whipped Chive Potatoes Buttermilk Biscuit Fruit Delight Bar	1 Homemade Goulash w/Shredded Cheese Broccoli Chef Salad w/Dressing Fresh Italian Bread Fresh Fruit	2 Ham Steak w/Mustard Sauce Mashed Sweet Potatoes Cauliflower Fresh Wheat Bread Strawberry Bavarian	3 Breaded Chicken Cutlet w/ Cacciatore Sauce Carrot Coins Green Beans Wheat Roll Tropical Fruit	4 <b>Entrée Salad</b> Tuna Pasta Salad Fresh Mixed Greens w/Tomatoes & Carrots Grape Juice Unsalted Crackers Diced Pears